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CANADIAN MEDAL COUNTER 3 2 9

The impossibly unaffordable ever-increasing ridiculously accelerating Vancouver rental market

A UBC economics professor says rents are on track to increase a whopping 20 per cent this year, mirroring the steep increase seen in housing prices

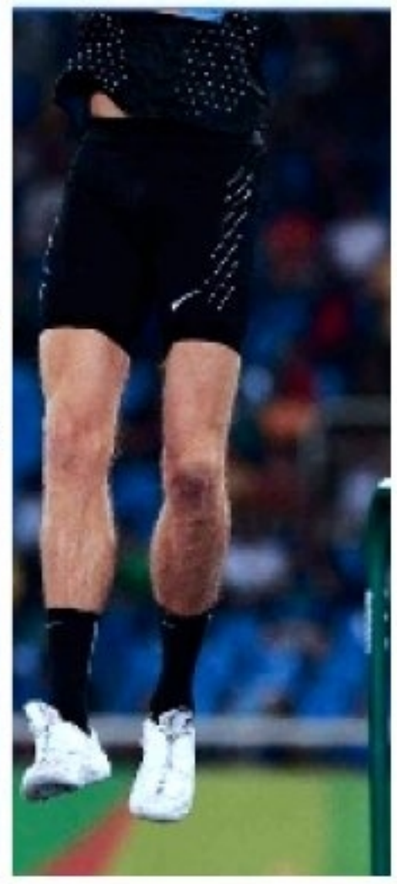
metroNEWS

PHOTO ILLUSTRATION ANDRES PLANA/ISTOCK

RAISING THE BAR

Canadian hits high note with Olympic gold

RIO



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metro NEWS

Your essential daily news

Chef Massimo Bottura feeds Rio's homeless with Olympics leftovers. **World**

Heather Nyberg along with husband Dan Zimmermann, son Leo and daughter Isabel during a news conference outside their home in Coquitlam on Friday.
JONATHAN HAYWARD/THE CANADIAN PRESS

New tax risks home sale

Vancouver REAL ESTATE

Deal uncertain over foreign buyers' tax

A Vancouver-area family says they feel like pawns in a political game after the province introduced a foreign buyers' tax that put the sale of their home in jeopardy.

Heather Nyberg of Coquitlam says she's disappointed in the provincial government's surprise announcement last month of a 15 per cent homebuyers' tax for non-residents purchasing property in Metro Vancouver.

Nyberg, who was born and raised in Coquitlam, says Premier Christy Clark should stop and consider the impact her government's policy is having on families across the Lower Mainland.

The province has said the controversial tax is aimed at addressing skyrocketing real estate prices in the province's most densely populated region, and the levy came into effect on Aug. 2, days after it was announced.

Nyberg says she and her husband signed a deal to buy a smaller, more affordable home in order to reduce their financial stress and to have more time to spend with their two young children.

She says if the sale of their current house falls through they'll be forced to abandon the deposit on what they hoped would be their new home and will open themselves up to being sued. THE CANADIAN PRESS

15

The percentage of the recently announced new homebuyers' tax on residential purchases by non-resident owners on property in Metro Vancouver.
TORSTAR NEWS SERVICE

BC HYDRO

Fracking a threat to dams, fear officials

Officials at British Columbia's public power utility raised concerns as early as 2009 that earthquakes caused by a controversial gas-extraction method may put the province's largest hydroelectric dams at risk, internal documents reveal.

Emails obtained through an access-to-information request by the Canadian Centre for Policy Alternatives show BC Hydro discussing the possible threat posed by hydraulic fracturing, or fracking, a mining technique that involves injecting high-pressure fluid deep underground in order to extract either natural gas or coal-bed methane.

In one BC Hydro email exchange dated Dec. 3, 2009, safety officer Ray Stewart expresses his unease to water rights comptroller Glen Davidson over the risks of a particular methane-extraction project near the Peace Canyon Dam.

"BC Hydro believes that there are immediate and future potential risks to BC Hydro's reservoir, dam and power generation infrastructure as a result of this coal-bed methane project," Stewart wrote.

In a emailed statement, BC Hydro deputy executive Chris O'Riley said its dams are designed to withstand ground motions much larger and longer than those associated with fracking. He also confirmed that hydraulic fracturing activity has never taken place within five kilometres of the utility's dams.
THE CANADIAN PRESS

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EDUCATION

Surrey going bee-serk

Surrey appears to be going bee-serk with beekeeper hopefuls both amateur and professional.

On Saturday, the city is hosting an all-ages family-friendly drop-in event at the Surrey Museum, "Tales From the Honeycomb," in partnership with the local Honeybee Centre.

And on Wednesday, Surrey's Kwantlen Polytechnic University will hold an recruiting session for its newly launched 11-month course offering hands-on professional experience for wanna-bee apiarists.

According to Alyssa Purse, the commercial beekeeping coordinator at Kwantlen's Continuing and Professional Studies, the institution discovered through "industry research" that a commercial course was "something people were wanting and that industry in the province was needing."

"B.C. doesn't have enough beekeepers," she told Metro in a phone interview. "They're actually borrowing hives from Alberta just to meet the blueberry demand here."

That demand, she said, is for the natural pollination services that honeybees offer to B.C.'s 26,000 acres of blueberry farms, which — like several other crops such as cranberries, zucchini and squash — need animal assistance to survive.

"It's hand-on experience paired with academic experience," she said. "We hope to create a perfect formula for a student to be ready, comfortable and confident to start own business or family beekeeping farm."Unless all your bees die — which is part of the training, to keep them alive — there's no way you're not going to make money in this business."

The course includes a 20-week practicum placement, pairing students with "a successful commercial beekeeper."

DAVID P. BALL/METRO

A concept drawing of a surf park that would feature man-made waves that can be changed in height to accommodate different levels of surfers. COURTESY REVIVER SPORT + ENTERTAINMENT

Company wants surf park in False Creek

DEVELOPMENT

Not so fast, says Vancouver Park Board

Wanyee Li
Metro | Vancouver

A Burnaby-based company has released a conceptual drawing of what it thinks a surf park, featuring man-made waves, would look like in Vancouver's False Creek, but the park board says at least one aspect of the idea doesn't match up with its mandate.

The pay-for-use surf park would be located in the "underutilized" east end of False Creek, near Science World, according to a release from REVIVER Sport + Entertainment. There would also be a publicly accessible beach next to the surf park, it said.

But the Vancouver Park Board said while it welcomes "bold ideas" like this one, a private surf park may not be a good match.

"We have to make sure that our facilities are publicly accessible. This is a private company providing a private model," Vancouver Park Board chair Sarah Kirby-Yung told Metro in a phone interview.

While the area is already busy with paddlers and boaters, the park board wants to continue to maximize the number of people who can benefit from the city's parks, she said.

"(The surf park) would dedicate a large area to one particular activity," said Kirby-Yung.

"False Creek is a very limited size of site and it's a very well used area by lots of recreational groups. Those are things we have to consider."

> False Creek is a very limited size of site and it's a very well used area by lots of recreational groups.
> Sarah Kirby-Yung

But REVIVER said the surf park, would create the added benefit of cleaning up the waters in False Creek, waters that Vancouver Coastal Health has deemed unsafe for swimming.

A porous membrane would filter False Creek water into the floating surf pool before the then clean water is re-circulated, it said in a release.

"The membrane system would actively generate an improvement in False Creek water quality, highlighting the City of Vancouver mandate to show leadership in environmental stewardship and responsibility."

REVIVER and Vancouver Park Board have met once to discuss the surf park idea, said Kirby-Yung.

"We did receive an email very recently from REVIVER advising us they had developed this concept and I invited them to have a dialogue with our staff to share their idea."

Kirby-Yung said the park board welcomes all ideas for the city's water areas as part of their VanSplash strategy.

PIPELINE

Mayor makes final plea against Trans Mountain expansion

Matt Kieltyka
Metro | Vancouver

The federal government cannot approve Kinder Morgan's proposed Trans Mountain pipeline in good conscience, Vancouver's mayor told a panel tasked with advising Canada's natural resources minister.

Gregor Robertson presented to the Trans Mountain Pipeline Expansion Project Ministerial Panel in Vancouver on Tuesday, telling it the National Energy Board dismissed the city's expert evidence in its endorsement of the project.

"The federal government needs to say no to the pipeline expansion project," Robertson told the panel. "The National Energy Board's review, as we are asserting, is unlawful and does not stand up to the test of public scrutiny. This is not a foundation on which the Government of Canada can make a positive decision on this project. At a bare minimum, the process needs to be restarted."

The city bemoaned the lack of cross-examination, information disclosure and public input during the two-year NEB process into the $6.8 billion proposed expansion, which would increase oil tanker traffic through the Burrard Inlet seven fold.

Robertson also cried foul that city-commissioned reports on the projected environmental and economic impacts of a worst-case oil spill were dismissed by the board in favour of Kinder Morgan's own modeling.

"We in good faith did an enormous amount of work and made a significant investment on evidence-based analysis of the proposal," said Robertson. "It was very clear how dramatic the risks are to Vancouver's economy."

In May, the National Energy Board endorsed the controversial project, with 157 conditions, concluding the economic benefits of the project outweigh the risks.

The City of Vancouver and others have applied for judicial reviews of that decision. In the meantime, the newly-elected Liberal federal government set up the ministerial panel to consult with Indigenous groups, local government and stakeholders about issues not fully addressed by the NEB process. It is tasked with reporting back to Natural Resources Minister Jim Carr before government makes its final decision on the project by Dec. 19.

Speaking to media after the presentation, Robertson was unsure the panel could sway the final outcome but hoped it would convey the city's concerns.

"Their process is very abbreviated and coming at the tail end of a two-year debacle with the NEB. Too many people were shut out of the process and too much of the evidence was ignored," he said. "This panel is only advising the minister so it plays a very limited role. The combination doesn't give the federal government a credible choice to make."

MENTAL HEALTH

Detention lawsuit continues

David P. Ball
Metro | Vancouver

A homeless woman hospitalized for more than a month against her will under B.C.'s Mental Health Act won't drop her legal challenge, despite the province agreeing to pay for her lawyer at a review hearing next Tuesday.

The 39-year-old, identified only as Z.B., was detained in Nanaimo and denied legal aid for her appearance before the Mental Health Review because of a legal aid budget shortfall.

She launched a challenge at the Supreme Court of B.C. last Friday requesting an injunction to force the province to fund her legal counsel, as well as a ruling on whether detainees like her have a Charter right to a state-funded lawyer.

"The Province has confirmed with the Legal Services Society that the petitioner will have a lawyer for her hearing scheduled for August 23," a justice ministry spokesperson told Metro in an email. "Ministry of Justice staff will meet with representatives from the Legal Services Society to review how legal assistance is provided to persons appearing before the Mental Health Review Board."

But according to one of the lawyers representing the woman, the promise to fund a lawyer merely settles one part of her challenge but not her application for a ruling on whether people detained under the Act have a Charter right to a state-funded lawyer as they would in a criminal case if they couldn't afford representation.

Asked if she was pleased with the government acting in response to the court case, BC Public Interest Advocacy Centre staff lawyer Kate Feeney said, "I wouldn't even say the government has acted on it yet.

"They provided a lawyer to our client in order to not proceed with her injunction application, but that's without prejudice to our hearing. It doesn't have that much significance in terms of state-funded lawyers for other people detained under the Mental Health Act."

Feeney added that the government "has been aware of this problem for years," and therefore should not have waited until a lawsuit and media coverage of Z.B.'s case to respond.

Based on figures in the 2011 Public Commission on Legal Aid in British Columbia, she estimated that 400-500 people are detained under the Act annually, but that more recent data is scarce.

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Apartments in Vancouver's West End. A UBC economics professor says rents are on track to increase 20 per cent this year, mirroring the steep increase seen in housing prices. JENNIFER GAUTHIER/FOR METRO

City's rents on track to jump 20% in 2016

Vancouver's RENTAL CRISIS

Economist looked at data from online listings

Jen St. Denis
Metro | Vancouver

Vancouver rents are on track to rise a whopping 20 per cent this year, according to an economist at the University of British Columbia who has been tracking online rental listings.

"On an annualized basis, I'm finding rents are going up since March … (and) if it kept this pace it would be 20 per cent for the year," said Tom Davidoff, who started collecting rental listings data from Craigslist this March. Between April and August, rents for both one- and two-bedrooms increased 15 per cent, according to the data Davidoff collected.

That increase is far above the 4.3 per cent increase reported by Canada Housing and Mortgage Corporation between 2014 and 2015, and it mirrors the steep 32 per cent increase seen in housing prices between August 2015 and August 2016.

It's also the smaller, less expensive suites that have been increasing in price the most, Davidoff said.

> **When you hear the sad stories about (young) people who are having a really hard time finding a rental … (the data is) consistent with those stories.** Economist Tom Davidoff

The data backs up stories reported by Metro and other media: Younger renters and lower-income people are having an incredibly difficult time finding a place to live in the city.

Chris Bell, a 33-year-old cook, told Metro his story of being evicted by his landlord, who planned to renovate every suite in the Mount Pleasant apartment building. Bell said he was offered the chance to move into a renovated unit, but his rent for a two-bedroom would have risen from $1,525 to $2,000 — a 31 per cent increase.

Rental advocates say the increasing use of fixed-term rental agreements — which allow landlords to renegotiate an entirely new lease when the term is up — have resulted in increases between 10 and 30 per cent. That's far above B.C.'s current rent increase cap of 2.9 per cent a year for a month-to-month rental agreement.

Even when they can pay the higher rates, would-be renters report losing out to others in the intense competition for sparse apartments.

"When you hear the sad stories about (young) people who are having a really hard time finding a rental and getting priced out, (the data is) consistent with those stories," Davidoff said.

While CMHC publishes rental rate and vacancy statistics every October, month-by-month information is not available. CMHC's October 2015 survey showed the average for a two-bedroom in Vancouver was $1,643, a 4.9 per cent increase from the October 2014 average of $1,571.

CMHC also tracks rental rates for condos being rented, which tend to be more expensive than purpose-built apartment buildings: In October 2015 the average for a two-bedroom was $2,000.

CMHC analysts are expecting to see an increase in rental rates across Metro Vancouver when this year's survey is completed, said market analyst Richard Sam. A very low 0.6 per cent vacancy rate, strong job growth and more people moving to Metro Vancouver are all putting pressure on rents.

WARNING

Beware caller ID scam: Abbotsford police

Matt Kieltyka
Metro | Vancouver

Police in Abbotsford are warning about a spike in telephone scams in which numbers are faked to look like they originate from police.

Abbotsford police received four different complaints on Monday about a male caller claiming to be a member of the Abbotsford Police Department attempting to get money out of South Asian families by threatening them with deportation.

The caller makes contact and tells his intended victims he is trying to resolve a historical immigration issue. In each case, the scammer used caller ID "spoofing" to make it look like the call originated from the Abbotsford Police Department to make the call appear more legitimate.

Police are warning residents not to give personal information over the phone and to report suspected scams to them.

The warning comes just days after the Vancouver Police Department issued a similar warning involving a caller impersonating its officers and having the VPD's non-emergency line show up on the caller ID in a bid to obtain personal information from victims.

WILDFIRE

Fort Mac victims face sleepless nights

Genevieve Belleville is struck most about the many Fort McMurray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

Two of her research assistants were returning Tuesday after spending three weeks in the community. They conducted clinical interviews with about 50 residents and another 300 people completed an online questionnaire.

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. A preliminary look at the data shows many in the group aren't sleeping well.

"They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort McMurray because it's too painful to see the aftermath of the fire."

Symptoms of PTSD include intrusive memories, negative feelings and emotional reactions, such as trouble sleeping. Most signs are just normal reactions to an abnormal event, said Belleville.

"If the symptoms persist for more than one month, then we can talk about PTSD. Before that, it cannot be considered a disorder." THE CANADIAN PRESS

80,000

More than 80,000 people were forced to leave their homes when the wildfire roared through and destroyed 2,400 homes and buildings. The evacuation for some included a panicky, slow-moving drive out of the smoke-filled city as nearby trees went up in flames.

ALS

Liberal lawmaker Mauril Belanger dies

Mauril Belanger, a Liberal member of Parliament for more than two decades and a lifelong advocate for francophone rights in English Canada, has died.

Prime Minister Justin Trudeau used Twitter to announce Belanger's death on Tuesday night.

Mauril Belanger

Trudeau called Belanger "a great friend, tireless MP and brave fighter."

Belanger died after a very public battle with amyotrophic lateral sclerosis, or ALS, commonly known as Lou Gehrig's disease.

He was diagnosed with the incurable, neurodegenerative disease in November 2015, just weeks after winning re-election in his Ottawa-Vanier riding for the eighth consecutive time since entering federal politics in a February 1995 byelection.

THE CANADIAN PRESS

Sayisi Dene participate in a church service around the Duck Lake post in northern Manitoba in 1947. The federal apology for the forced relocation comes with a $33.6-million settlement package. HUDSON'S BAY COMPANY ARCHIVES VIA TORSTAR NEWS SERVICE

60 years later, Sayisi Dene get federal apology

INDIGENOUS AFFAIRS

Government forcibly relocated First Nations group

The federal government has formally apologized and provided compensation for the forced relocation of a First Nations community in northern Manitoba 60 years ago.

Indigenous and Northern Affairs Minister Carolyn Bennett visited the Sayisi Dene on Tuesday to apologize for the 1956 move that led to hunger, violence and death.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks.

"The government of Canada did not provide proper food, shelter or support following the relocation. Decades later, we recognize that the impacts of the relocation were catastrophic."

About 250 Sayisi Dene were forced out of Duck Lake to a barren area near Churchill, partly because the Manitoba government believed they were causing a steep decline in the caribou herd — an idea later proven untrue.

In the new location, food was scarce and housing inadequate. The Dene were forced to scavenge the dump and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology for its role.

Chief Ernest Bussidor, who was born one month before the relocation, said many have suffered post-traumatic stress.

"I probably witnessed a lot more tragic events than I should have ... and most of us of that generation have that same notion," Bussidor said Monday.

"A lot of children died. That kind of stuff never leaves you.... People freezing to death, fires, you name it," Bussidor recalled.

In 1973, the Sayisi Dene moved back to their traditional territory at Tadoule Lake.

"It is unbearable to consider what you lost during the years in Churchill," Bennett said.

THE CANADIAN PRESS

FUNDS

The federal apology comes with a $33.6-million settlement package, aimed partly at economic development, which was approved by the community three years ago.

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Earth broiling to record highs

WEATHER

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature records.

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA chief climate scientist Gavin Schmidt.

Scientists blame mostly man-made climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future." THE ASSOCIATED PRESS

WEATHER

NASA's five hottest months on record are

- July 2016
- July 2011
- July 2015
- July 2009
- August 2014

Only July 2015 was during an El Nino.

With so many questions swirling about the huge price tag on stadiums for South America's first Olympics, renowned chef Massimo Bottura wanted to make his own statement about the Games' sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Renowned chef feeds homeless in Rio with excess Olympic food

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is the brainchild of Italian master chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva, that has been serving up meals to Rio's homeless population.

With questions swirling over the $12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

> We want to rebuild the dignity of the people. Massimo Bottura

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people."

It's a message that resonates in Rio.

As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres.

But in contrast to the government-run centres, the Refettorio is an epicurean's delight, with designer wood tables, oversized photos of the staff by French artist JR and a mural of the Last Supper in chocolate. THE ASSOCIATED PRESS

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Arbitrator accepts Canada Post's side

LABOUR DISPUTE

Union says decision 'sad day' for rural postmasters

An arbitrator has accepted Canada Post's proposal for a new collective agreement with its postmasters and assistants in rural offices across the country.

Key changes under the agreement include a defined contribution pension plan for new employees represented by the Canadian Postmasters and Assistants Association.

There are also changes to entry-level wages for new CPAA members as well as an increase in the employees' share of contributions towards post-retirement benefits.

Canada Post says there's a "modest" wage increase for current employees — but details weren't announced.

Union president Brenda McAuley said the arbitrator's decision is a "really sad day for the Canadian Postmasters and Assistants Association."

She said that new members in her 114-year-old union won't have the security of a defined benefit pension. She also lamented having one pay scale for new hires and another for established employees.

"We went to final-offer arbitration because we did not want to sell out the next generation of Canadian workers," McAuley said

The Crown corporation remains at odds with its largest union, the Canadian Union of Postal Workers (CUPW), which is the only remaining employee group that hasn't accepted a defined contribution pension plan for new employees.

THE CANADIAN PRESS

The new Canada Post agreement with its postmasters includes a defined contribution pension plan. THE CANADIAN PRESS

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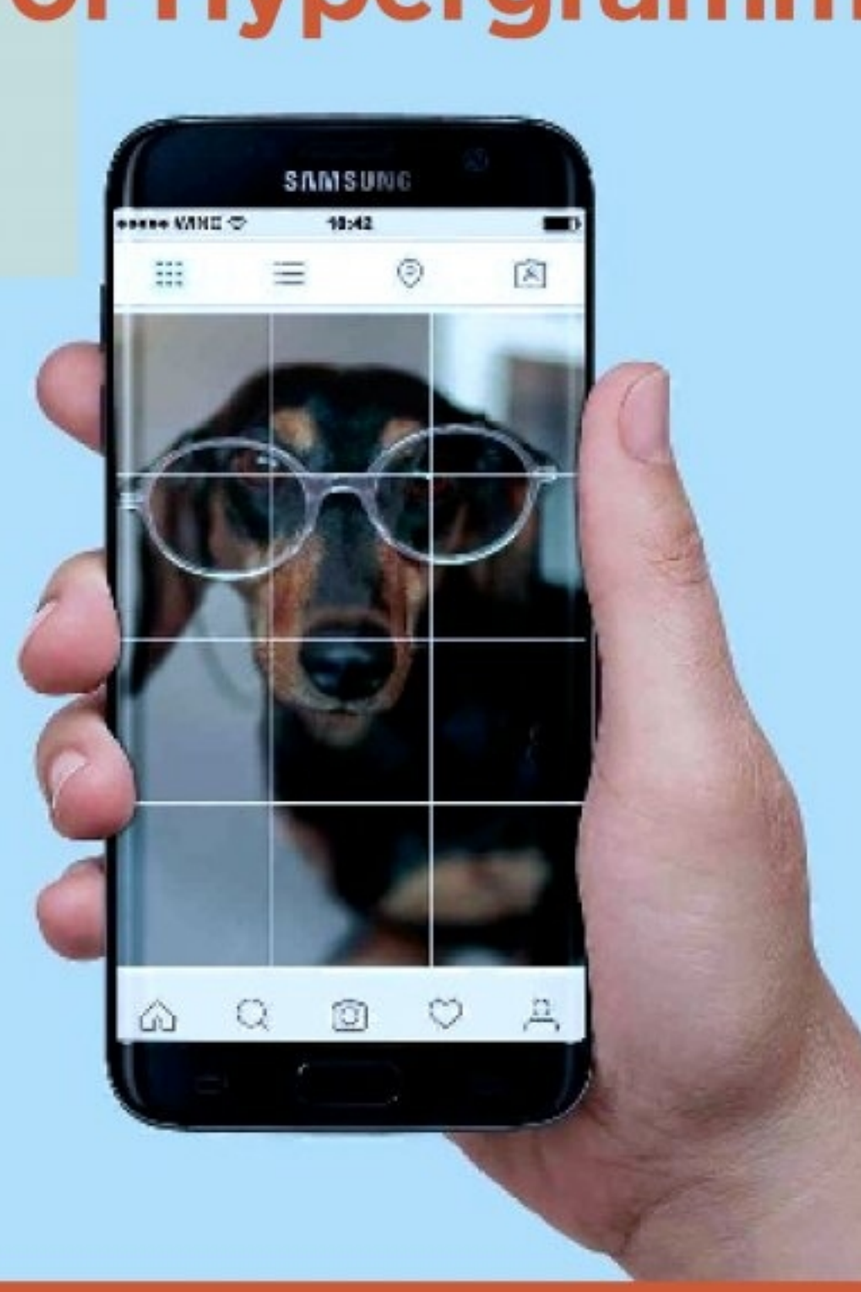

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MEDIA

Univision picks up Gawker in auction

Spanish-language broadcaster Univision won an auction Tuesday for Gawker Media, which was put on the block in the aftermath of a $140-million judgment against it in the Hulk Hogan invasion-of-privacy case.

Univision is paying $135 million for the online gossip and news publisher, according to a person familiar with the matter who asked not to be identified because the deal had not been formally announced.

Expanding from its Spanish-language base, Univision has been investing in media properties aimed at young people, including taking a stake in satirical website The Onion in January. In April, it said it was taking full control of Fusion, a TV channel and website aimed at English-speaking young people it had launched with ABC in 2013.

Univision outbid Ziff Davis, the owner of tech and gaming sites, in the auction for Gawker Media. They were the only two bidders, according to a person familiar with the bankruptcy auction. A judge must still approve the sale at a hearing Thursday.

Gawker Media properties include its namesake site, the women-focused Jezebel, tech-oriented Gizmodo and sports site Deadspin. Their breezy and often confrontational style has been influential in the publishing world.

But it filed for bankruptcy in June, about three months after Hogan won his lawsuit against the 14-year-old company. Gawker founder, Nick Denton, a former Financial Times journalist, also filed for personal bankruptcy.

Denton said Tuesday that the sale to Univision means "our employees are protected and will continue their work under new ownership — disentangled from the legal campaign against the company."

Hogan, a former professional wrestler whose real name is Terry Bollea, sued over a tape posted by Gawker showing him having sex with a friend's wife.

The case gained additional notoriety when it was revealed Silicon Valley billionaire Peter Thiel had secretly bankrolled Hogan's lawsuit. Thiel was outed as gay by a Gawker-owned website in 2007.

Thiel's role paying for the litigation against Gawker raised fears about the power of wealthy people to go after publications they dislike. Gawker argued in the Hogan case that it was protected by the First Amendment.

THE ASSOCIATED PRESS

IN BRIEF

French mayor bans Pokémon Go in his village

A French mayor has banned the virtual presence of Pokémon Go characters in his whole eastern village, citing security reasons, and ordered the game's creator to comply with the decree.

Bressolles Mayor Fabrice Beauvois said Tuesday that he mailed his decree to California-based Niantic Inc. and The Pokémon Company.

THE ASSOCIATED PRESS

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I need a pro

I'll hire a financial planner

ISTOCK

Sean Deasy

Life is busy enough. Some of us simply don't have the time or inclination to properly plan and manage the larger financial facets of our lives. If that's the case, you may benefit from an objective approach to some really big decisions. Cue the introduction to a financial expert: a pro that can help ensure you stay focused to realize all your financial objectives.

A financial planner can help set financial and personal goals. They start by comprehensively assessing your current financial health — examining income, assets, liabilities, taxes, investments and so on. They can then develop a realistic plan to identify opportunities, leverage your strengths and help you meet your goals.

An expert can offer guidance on a wide variety of concerns — many of which are triggered by life's many stages. These could include managing your inheritance; helping to prepare the transition from being single to married (to divorced); planning for birth or adoption; organizing a funding plan for your children's education; or developing a succession plan for your family business. Every life stage has a financial implication.

Who are these pros? They're not just anyone. Financial professionals must be certified: they've successfully completed a comprehensive examination process that tests their ability to integrate and properly apply financial planning knowledge. They must adhere to a code of ethics and additional requirements, which include providing financial planning services as a fiduciary — always acting in their client's best interest.

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ISTOCK

I'm the pro

I'll manage my own money

Sean Deasy

There's no one like you to tackle this job. You have the time, the inclination and (you believe) the expertise to map out and manage the key financial aspects in your life. You're intent on acting as your own advisor, with the goal of realizing your full financial potential.

First, do a little self-assessment and determine if this really is the job for you. Do you enjoy reading about investments and financial news? Do you currently have time to track and manage any investments you might make? Do you prefer to be the only person in complete control of your finances? If you've answered "yes" to these, you're likely in the correct mindset for the job.

However, if your passion for finance is not that strong, you may wish to re-evaluate. Sure, we're all interested in a good return on our savings and a sufficient nest egg for retirement. But being your own financial counsel requires an investment in time and an adherence to detail with a potentially steep learning curve. If you're somewhat intimidated by money and its intricacies, proceed cautiously.

"Do a little self-assessment and determine if this really is the job for you.

Before becoming your own financial advisor, determine what's important in your life. These decisions will help build a more comprehensive plan. Assess your financial health to see if tweaks are needed. How's your income and debt load? And, most importantly, what are your actual goals?

If you're ready to explore investing, mutual funds — typically bonds and stocks that are selected and managed by a professional on your behalf — are a great place to start. Your path, from now on, hinges on the term "due diligence."

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metro VIEWS
Your essential daily news
Wednesday, August 17, 2016

ROSEMARY WESTWOOD
ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America, where a conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself.

I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one junior-high social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no indigenous pupils in the class.

This year, more than any, has troubled my sense of whiteness. Frequent criticisms of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supposed to hurt.

Feeling uncomfortable. Feeling left out of the conversation. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly accused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I wouldn't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter before making this racially tinged yet opaque comment: "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.

Grits' holistic anti-terror aims traceable to Harper

Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their home-brew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. …. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counter-radicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a $10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.

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metro LIFE

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Wednesday, August 17, 2016

In her book released Tuesday, Amy Schumer writes she experienced slut-shaming while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better

Yvette d'Entremont
Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hotdogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for $16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.

Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium – choose wisely!

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Orville Redenbacher's Smart Pop Gourmet Popping Corn (5 cups)

Calories 100
Fat 1g
Sodium 110mg

SKIP THIS

Smartfood Popcorn (5 cups)

Calories 465
Fat 22g
Sodium 660mg

HERE'S WHY

Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food – pop the popcorn yourself by using the package microwavable packets. If you do want more flavour, just add some finely grated parmesan cheese and your favourite spices.

Jackfruit: Big, bad and delish

RECIPE

Don't be afraid of this spiky fruit, cook it in a curry instead

This spicy jackfruit rice bowl serves four. TORSTAR NEWS SERVICE

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidney-shaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible to miss.

Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

It may even have inspired Juicy Fruit gum! "The first time I had jackfruit I couldn't believe it, it tasted just like caramel it was that sweet," says Coleman, who's noticed a spike in sales since he began selling the weird fruit regularly in his Ontario stores.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground into flour.

Since the Mexican fruit he's trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Spicy Jackfruit Rice Bowl

Though jackfruit is fun to eat raw, it takes on a whole new dimension when cooked in this Whole Foods recipe. If you don't like spicy food, remove the seeds from the hot pepper before using.

Ingredients:

- 1 tbsp (15 mL) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jackfruit
- 1 serrano or jalapeño pepper, diced
- 1 1/2 tsp (7 mL) chili powder
- 1 tsp (5 mL) salt
- 1/4 cup (60 mL) fresh orange juice
- 2 cups (500 mL) cooked brown rice
- 1/2 cup (125 mL) chopped fresh cilantro
- Garnish: lime wedges

Directions:

1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for garnish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.

2. Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

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LaCrosse wants to shake stigma

ALL PHOTOS JIM FETS

REVIEW

Buick overhauls image with good looks

Dan Ilika
AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change — and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms — about the weight of a side-by-side refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an upmarket appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idle-stop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

THE CHECKLIST | 2017 BUICK LACROSSE

THE BASICS

Engine: 3.6L V6
Power: 309 hp, 37 kg-m
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): 11.8 city, 8.1 hwy (AWD)
Price: Starts at $35,445 (before freight)

LOVE IT

- Handsome design
- Cabin quietness
- Dual-clutch AWD system

LEAVE IT

- Lack of LED headlights
- Safety feature availability
- Rear seat headroom

TRENDS

How the gaming industry is making driving more fun

Sami Haj-Assaad
AutoGuide.com

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help lighten up the load of driving and make it more entertaining. For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind Gran Turismo for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR.

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

Some automakers are even using the Vision GT concepts to influence their real cars. This is the path that Bugatti took with their new Chiron hypercar.

The Nissan Concept 2020 Vision Gran Turismo. AZUHIRO NOGIKAZUHIRO NOGI/AFP/GETTY IMAGES

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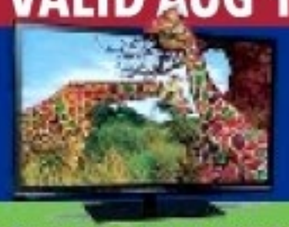

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Mercedes van right size for the city

The 2016 Mercedes-Benz Metris Cargo Van is perfect for moving day.
JIL MCINTOSH/FOR TORSTAR NEWS SERVICE

CARGO

Metris built for hauling in urban areas

Sami Haj-Assaad
AutoGuide.com

Big jobs aren't the exclusive property of big trucks. In fact, as I needed to make a move from suburbia to the city, I learned that the traditional, large truck just wouldn't be the most convenient or practical choice.

If I had to do it all again, I'd use something like the Mercedes-Benz Metris, a multipurpose van that is large enough to be extremely practical, while being small enough be easy to drive and park in a tight city. Piloting a cargo variant of the Metris for a move downtown taught me that size isn't everything.

The second model offered in Mercedes' van lineup, the Metris is easily described as being the little sibling of the Sprinter.

The Sprinter is like a heavy duty truck, while the Metris is about the size of a Toyota Tacoma. Actually, the Metris is a bit shorter than the Taco, making it a far more accommodating ride around town.

In terms of height, the cargo Metris measures in at 1.91 metres tall without the roof rails. This van should make it through most parking structures without scraping the roof. The width of the Metris including mirrors is 2.24 metres, which is surprisingly wide — more than 25 centimetres wider than a small pickup.

The small, boxy shape has a friendly feel to it, and climbing into it is easy, rather than cumbersome.

Inside, you're greeted with a somewhat familiar Mercedes layout. The steering wheel and gauge cluster feel plucked right out of the brand's affordable CLA or GLA vehicles. Similarly, the truck uses the same fragile-feeling column-mounted shifter for gear selection in place of where the wiper stalk is normally found on most cars.

The central console is basic and is unfortunately laden with dummy buttons. There are a few cubby holes surrounding the main display and the materials around the cabin are hard and uncomfortable, if not rugged. Sadly, the cloth seats are basic and don't offer much support and long trips in the car left me a bit numb.

Loading the van up is a breeze. The sliding door on the passenger side isn't too heavy and satisfyingly locks into place. The rear doors swing open and can be unhinged and locked to the side of the van with magnets, so there's no awkward navigating around the doors.

This feature was easy to use and very useful. Putting the doors in place, I loaded up the small van with mattresses, futons, box springs and whatever big awkward items you can imagine when moving someone.

The van swallowed it up so effortlessly that I didn't need my 1989 Tetris Gamer's Guide to stack up and match up items perfectly.

Driving the van around wasn't a mental chore like it is in bigger trucks. Steering was well weighted and communicative, and the throttle was surprisingly responsive. On paper, the power seems a bit low for a work truck, but in practice, the turbocharged engine had plenty of grunt to get the van going.

The transmission is not perfect, but the fuel economy is hard to argue with, although potential buyers should be warned, as the Metris prefers premium fuel.

Moving is stressful enough, let alone doing it in a high-density city environment. The Metris proved to be right sized for such a place.

STATS

Engine: 2.0L turbo four-cylinder
Power: 208 hp and 35.7 kg-m of torque
Transmission: Seven-speed dual clutch automatic
Fuel Economy (L/100 km): 10.8 city, 9.5 highway, 10.2 combined
Price: Starts at $33,900 not including delivery charges

> **Driving the van wasn't a mental chore like it is in bigger trucks. Steering was well weighted and communicative, and the throttle was surprisingly responsive.**

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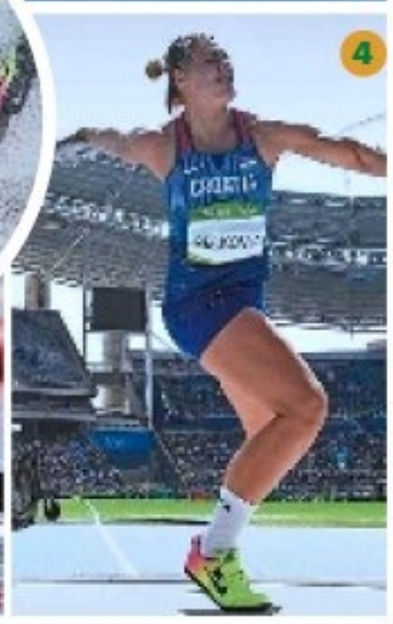
metro RIO

"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin

1 Canadian blur — Andre De Grasse of Markham, Ont., was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/COC/THE CANADIAN PRESS

2 Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

3 Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY IMAGES



4 Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws — the longest 69.21 metres — to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES

5 French kiss of death — The Canadian women's basketball team had their tournament come to an end in the quarter-finals with a 68-63 loss to France. PHIL WALTER/GETTY IMAGES

Drouin leaps atop podium

RIO2016

High jumper is the first male Canadian to win gold medal

A face slap or two and then a bounding run, a moment of spring upwards and a contortion backwards over the bar. That's how it worked Tuesday for Canada's Derek Drouin from his opening height of 2.20 metres — that's well above a standard doorframe — to 2.38.

That's where he won his second Olympic high jump medal — this time gold.

All 15 men in the final cleared the opening bar but by the fifth height, 2.36 metres, there were only six men left. Even Drouin — who is known for being calm and betraying little emotion in competition — looked thrilled to have cleared it.

When the bar jumped to 2.38 metres in the next round he knew he had a medal — it was just a question of colour — and he soared over the height, clearing it on his first attempt just as he had every other one.

Then he had to wait.

Qatar's Mutaz Essa Barshim and Ukraine's Bohdan Bondarenko both missed their first two attempts on the height.

Bondarenko, playing a game of chess as well as high jump, skipped the next jump moving the bar to 2.40. He missed leaving him with the bronze and Barshim the silver.

Four years ago, under a different set of bright Olympic lights, Drouin was the only Canadian to win a medal in all of athletics. This time he came as a headliner on the deepest track and field team Canada has ever had.

Even before 26-year-old from Corunna, Ont., started jumping, Canada had already doubled its London total — with bronze medals won by Brianne Theisen-Eaton in heptathlon and Andre De Grasse in the 100 metres — with several strong medal contenders still to come.

Drouin is the first male Canadian athlete at the Rio Games to win a gold medal. He joins swimmer Penny Oleksiak and trampoline gymnast Rosie MacLennan.

It seems natural, likely even, that the reigning world champion in an event would win an Olympic medal the following year but Drouin always maintained the gold he won at the 2015 Beijing world championships meant little in Rio.

"I don't get any extra points for having done that," he said.

"It's just show up on this day and try to be the best."

TORSTAR NEWS SERVICE

2.38

Drouin's winning jump, in metres, which he cleared on his first and only try.

Derek Drouin won Canada's third gold medal in Rio. GETTY IMAGES

SOCCER

Canada denied upgrade of 2012 bronze

The Canadian women soccer team will look to defend the bronze it won four years ago in London after its bid to rise up the Olympic podium was derailed by Germany in a 2-0 semifinal loss Tuesday.

Goals by Melanie Behringer and Sara Daebritz on either side of halftime dashed Canadian dreams of reaching the final as the second-ranked Germans efficiently ended the Canadians' four-game win streak. Down 2-0 after 59 minutes, Canada came on in waves but was unable to make ground before a sparse crowd at Mineirao Stadium.

Once the final whistle blew, tearful Canadian players were left to console each other on the field.

"It feels like crap right now," said midfielder Jesse Fleming. "I wanted to win a gold medal. But we're going to win bronze … It sucks."

> **It feels like crap right now. I wanted to win a gold medal.**
> Jesse Fleming

The Germans defended in numbers, with goalkeeper Almuth Schult a formidable barrier, and then looked to counter-attack or just hammer the ball downfield.

The 10th-ranked Canadian women will rue the opening goal in the 21st minute, a needless penalty conceded on a Kadeisha Buchanan sliding tackle. But Buchanan, who plays a take-no-prisoners kind of game, had to cover a lot of ground just to get to the German as the Canadian defence was caught short.

The Germans will play No. 6 Sweden in Friday's final at the storied Maracana in Rio. The Swedes defeated No. 8 Brazil 4-3 on penalties after the game ended 0-0 following extra time.

Canada made history earlier in the tournament by defeating Germany for the first time after 12 consecutive losses.

THE CANADIAN PRESS

RIO in brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games — only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS

Police find no evidence to prove robbery

Police investigating reports that American swimmer Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account. Lochte insists he has been upfront about what happened.

Ryan Lochte GETTY IMAGES

THE ASSOCIATED PRESS

metro SPORT

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison digs his heels in amid doping probe

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?"

Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay. JUSTIN K. ALLER/GETTY IMAGES

> (Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?
>
> Pittsburgh linebacker James Harrison

Harrison said he doesn't want to be suspended but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an investigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before, " Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

THE ASSOCIATED PRESS

ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

CFL

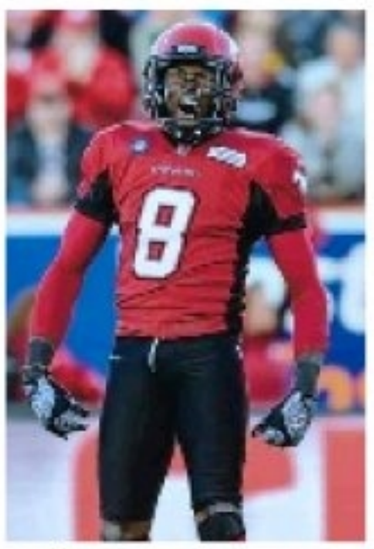
Stamps trade two DBs to Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday.

The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth season with Calgary. He accumulated 50 tackles and 37 special-team tackles in 73 regular-season contests with the Stampeders.

THE CANADIAN PRESS



Fred Bennett GETTY IMAGES FILE

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Jays revive bats after rain delay

MLB

Toronto shells New York for 4 runs in 6th inning, 8 in 8th

The Blue Jays have presented a confusing but highly entertaining picture of a first-place ball team here at Yankee Stadium the past two nights.

It's the offence showing plenty signs of life — with Kevin Pillar and Jose Bautista injured — that is blowing both hot and cold, especially in a wild 12-6 victory of the Yankees on Tuesday night.

TUESDAY in the Bronx

12	6
BLUE JAYS	YANKEES

It was mostly cold, at least through the first five innings Tuesday, with Toronto falling behind 5-0 before lightning and a heavy downpour delayed the game for the next 42 minutes.

Upon the resumption of play, that offence's true identity — its league-leading home run power — surfaced in a big way.

Four homers, back-to-back efforts by Troy Tulowitzki and Russell Martin in the sixth and a blistering two-run shot from Edwin Encarnacion in the eighth — erased a 6-0 New York lead.

Martin came back three hitters after Encarnacion, belting a two-run homer of his own, and jumping Toronto all the way back from that six-run deficit to an 8-6 lead.

1

The Jays have a one-game lead over the Red Sox and Orioles for the lead in the AL East.

Tulowitzki finished with four hits in four trips to the plate with his homer and three singles.

In total, Toronto's offence had just three hits prior to the downpour and looked dead in the water, with starter Marco Estrada giving up three homers of his own in four innings.

After the rain, the offence woke up with 11 hits, scoring four runs in the sixth and eight more in the eighth, to shock what was left of the 31,874 that were on hand.

The eight-run eighth tied a season high for runs in a single inning and also tied a franchise record for the most runs in an eighth inning.

Just as impressive was reliever Scott Feldman, who put up three innings of one-run ball in relief of Estrada to pick up the win.

TORSTAR NEWS SERVICE

Yankees right-fielder Aaron Judge fails to reel in the home run ball hit by the Blue Jays' Troy Tulowitzki on Tuesday.

RICH SCHULTZ/GETTY IMAGES

MLB

Red Sox ride Betts' power surge past O's

Mookie Betts homered twice and drove in five runs, helping the resurgent Boston Red Sox beat the Baltimore Orioles 5-3 Tuesday night for their fifth straight win.

Betts hit a three-run drive in the fifth inning and added a tie-breaking two-run shot in the seventh. He's batting .426 with 12 homers and 18 RBIs in 11 games against the Orioles this season.

Betts had three homers and eight RBIs in a 16-2 win over Arizona on Sunday. He now has 28 home runs and 87 RBIs, both career highs.

Boston starter Eduardo Rodriguez had a no-hitter before leaving in the fifth inning with left hamstring tightness. Matt Barnes kept the Orioles hitless until Steve Pearce reached on a dribbler that got past the mound with one out in the seventh.

Baltimore ended up batting around and tying the game at 3-3. THE ASSOCIATED PRESS

Mookie Betts GETTY IMAGES

IN BRIEF

Aguero stars in Man City's rout of Bucharest

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of its Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage. THE ASSOCIATED PRESS

Former Butler star Joel Cornette dies aged 35

Joel Cornette, who helped Butler make the transition from a traditional mid-major program into a surprising power in college basketball as a player, died Tuesday in a Chicago apartment. He was 35.

The cause of death has not been disclosed. THE ASSOCIATED PRESS

Spurs' Lloris out 4 weeks

Tottenham goalkeeper Hugo Lloris will be out for around four weeks with a left hamstring injury sustained on the opening weekend of the English Premier League season.

Lloris, who is Tottenham's captain, left the field in the first half of the 1-1 draw at Everton on Saturday. THE ASSOCIATED PRESS

Senators to retire Alfredsson's number

The Ottawa Senators will retire Daniel Alfredsson's No. 11 on Dec. 29 when they host the Detroit Red Wings.

Alfredsson will become just the second player in club history to receive the honour, the other being No. 8 formerly worn by forward Frank Arthur Finnigan. THE CANADIAN PRESS

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RECIPE Watermelon Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

With temps soaring, this fresh fruit version is the only pizza you should be making this week. Feel free to mix up the toppings any way you like, just don't skip the syrup!

Ready in 10 minutes
Prep time: 10 minutes

Ingredients
- 1 medium watermelon, cut into 4 discs
- 2 cups Greek-style yogurt
- fresh blueberries
- fresh strawberries
- fresh raspberries
- fresh mint
- maple syrup

Directions

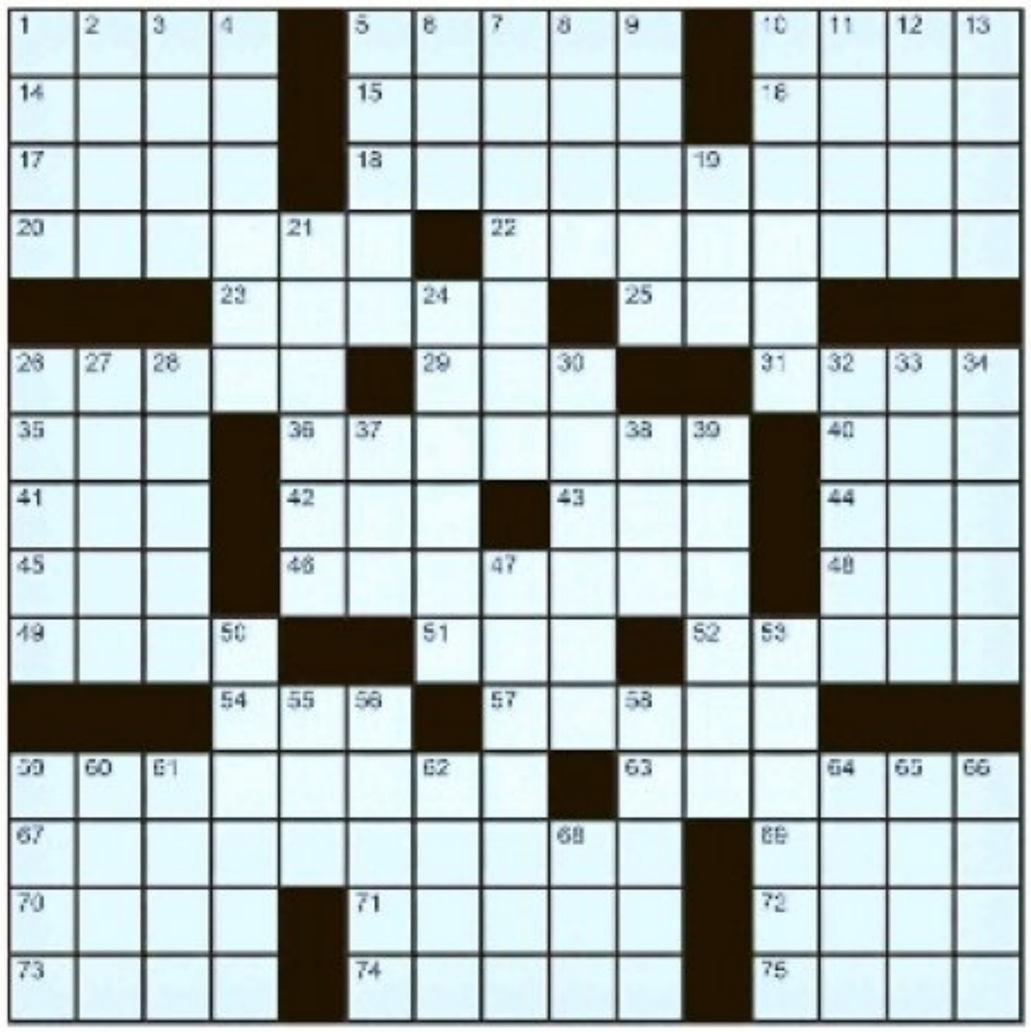
1. Carefully slice watermelon into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Golfer's prop
5. Records
10. Half
14. "The Perry _ Show"
15. Take _ _ trip (Travel alone)
16. "BC's opposite is known _ _ _." ...said the dates expert
17. Cajole
18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach
20. Deep down
22. RIO 2016: Stuff in the pool
23. Explosive stuff
25. WSW opposite
26. Duck
29. Victorian _
31. Canadian songstress Ms. Jordan
35. Madonna movie role
36. Viewpoint
40. Waste
41. Batch
42. Li'l diagram
43. Yore's 'before'
44. "Hold _ _ sec..."
45. "C'est la _!"
46. Attendee of a concert by the singer at #18-Across
48. Wealthy dollar amt.
49. Scandinavian story
51. Pine-_ (Cleaning brand)
52. RIO 2016: Athletics a.k.a. _ & Field
54. Deplete
57. Chocolate cake ingredient
59. RIO 2016: Track & Field event: 2 wds.
63. RIO 2016: Relay team member in Track & Field
67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds.
69. _ fruit
70. Dainty
71. _ de menthe
72. Level
73. Low-lying area
74. Flute, e.g.
75. Mind

DOWN
1. 301, fancy-style
2. Common _ (Canuck coin bird)
3. Ms. Thurman's
4. RIO 2016: Olympic sport
5. Be silent, to a musician
6. Volcano in Japan, Mount _
7. Movie-watcher's treat
8. "In the Valley of _" (2007)
9. Architectural base
10. RIO 2016: Fencing swords
11. Mr. Morales
12. Manfred _
13. Family suffix in zoology
19. _ Center (Chicago building)
21. Go extinct: 2 wds.
24. Sits on the throne
26. Check out, _ into
27. Egg-shaped
28. Courted
30. Danny of "Do the Right Thing" (1989)
32. Fragrance
33. Boom kind
34. Celery _
37. Ms. Zadora
38. 'Mountain'-meaning prefix
39. Sir Isaac _
47. RIO 2016: Thomas Bach's official gig, for short: 2 wds.
50. Jessica Simpson's sister
53. RIO 2016: Badminton or Tennis need
55. Singer Mr. McLean, et al.
56. Geometric scarf designer Emilio
58. One giving home help
59. TV cable channel
60. American state
61. Highlander
62. Daybreak, to a poet
64. Bee's abode
65. _ Sound, Ontario
66. Peel
68. CPR giver

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21
Today you are caught between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21
Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23
Disputes about finances, possessions, debt and inheritances might come to a head today. It's important to know what you really want before you agree to anything.

Leo July 24 - Aug. 23
Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23
Be patient with co-workers today, because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23
Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 - Nov. 22
Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

Sagittarius Nov. 23 - Dec. 21
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20
Try not to get carried away with disputes about shared property, inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

Aquarius Jan. 21 - Feb. 19
Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces
Feb. 20 - March 20
Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				8		4		5
		2					7	
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		7			1	2		
	6		7		2		3	
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6	8	3	2	5	4	1	9	7
5	7	1	3	8	9	2	6	4
1	6	5	9	3	7	4	8	2
8	2	4	1	6	5	3	7	9
9	3	7	8	4	2	5	1	6
7	5	9	4	2	1	6	3	8
3	4	6	5	9	8	7	2	1
2	1	8	6	7	3	9	4	5

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